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Nominees announced for Junos

MUSIC The Juno nominations are in.

Among the nominees for the 2010 awards are Ottawa harpist Caroline Leonarde and principal double bassist for the National Arts Centre Orchestra Joel Quarrington, who are both up for classical album of the year, solo or chamber ensemble.

Montreal-born bass-baritone opera singer Gerald Finley, who attended the University of Ottawa, is nominated for classical album of the year, vocal or choral performance for his Songs by Ravel, and k-os, a.k.a. Kevin Brereton, whose song, Yes! was nominated for rap recording of the year, attended Carleton University for a year in 1992.

The artist with the most nominations is Vancouver-based singer Michael Bubl , who has nominations in six categories.

This year's Juno Awards will be held in St. John's on April 18.

TRACEY TONG/METRO OTTAWA
 MORE COVERAGE, PAGE 18

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3



Wedding Show

Wedding gowns get dramatic this year, with colour and layering. What you need to know to plan your special day, pages 13-16.

Conservatives target red ink

Throne speech reveals restrained agenda aimed at slicing \$56B deficit

Prime Minister Stephen Harper is fashioning himself Canada's top frugalista with a throne speech meant to impress with style, yet cost little at the cash register.

Aside from some new low-cost accessories — such as loosening of foreign investment rules and more help for single parents — the rest of the wardrobe is a retailing of previous Conservative priorities.

The agenda "recalibration" the Tories promised when Harper controver-

Salary freeze, nuclear restructuring

- The speech promises a largely symbolic freeze on politicians' salaries and departmental operating budgets.
- The government says it will help the nuclear industry be-

ginning with a restructuring of Atomic Energy of Canada Ltd (AECL). A source said the Conservatives are poised to earmark \$400 million for that project in the budget.

sially shut down Parliament in late December consists mainly of a more restrained spending plan that will shape today's federal budget.

It's aimed at slicing the record \$56-billion deficit

the Tories have run up as part of last year's big-money, recession-buster budget. "To realize the hopes Canadians hold for themselves and their families, the economy must remain our government's single

most urgent priority," read Gov. Gen. Micha lle Jean, making her way through the hour-long, 6,000-word speech.

Familiar Harper themes of arctic sovereignty, national security, tougher sentencing for criminals, and Senate reform once again made up a substantial chunk of the speech.

Liberal Leader Michael Ignatieff called the recalibration a "regurgitation."

Immediately after the throne speech, Ignatieff proposed a motion to estab-

lish a special Commons committee to look at whether the prime minister's power to prorogue Parliament should be limited.

Despite the rhetoric, an electoral stalemate between the Conservatives and Liberals all but guarantees neither of the main parties will try to trigger an election. A survey conducted Feb. 18-28 by The Canadian Press Harris Decima suggests the two main parties are deadlocked at 31 per cent each.

THE CANADIAN PRESS
 MORE COVERAGE, PAGE 4

Paralympic torch relay begins 10-day trip to B.C.

PARALYMPIC 2010 Games

RELAY Over the last few weeks, the 2010 Winter Olympic Games brought this country together in ways that few people could have imagined.

"But we're only at the halfway point," said VANOC CEO John Furlong, at a ceremony to kick off the Paralympic torch relay on Parliament Hill yesterday.

The 10-day relay takes the flame east into Quebec before making stops in Toronto and then onto British Columbia for the opening ceremonies in Vancouver on March 12.

The motto for the relay is, "Spark becomes Flame."

That flame, said Prime Minister Stephen Harper yesterday, should make all Canadians very proud. It is that same flame that brought the country together and inspired athletes to bring in a national record medal haul and set a new standard for gold medals at a Winter Games by any country, he said.

"In Canada, sports mat-



Comedian Rick Mercer runs with the Paralympic torch yesterday during the Vancouver 2010 Paralympic torch relay launch ceremony on Parliament Hill.

ter, the Olympic Games matter, the Paralympic Games matter, and you are making our country proud," Harper said. "Make

us proud all over again." Unlike the Olympic flame, the Paralympic flame has no ancestral home, said International

Paralympic Committee president Sir Phillip Craven.

"It's generated by Paralympians, games officials,

volunteers, staff and spectators in which country the games are taking place," he said.

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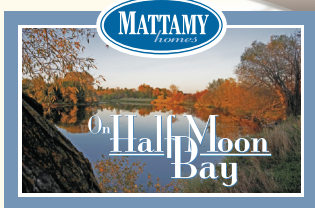
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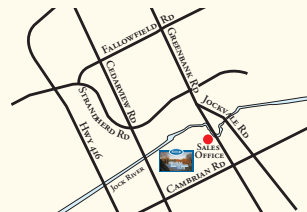


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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

One of the most common weed killers in the world, atrazine, can chemically castrate male frogs, turning them into females that lay eggs, researchers say. Atrazine is used on cornfields in Canada, but is no longer approved for use in Europe. **METRO NEWS SERVICES**

Canada



Kenney: No gay rights role

Immigration Minister Jason Kenney is apparently denying any role in the removal of references to gay rights from a citizenship study guide. "I did not do such a thing. No, no you are wrong," Kenney said when asked yesterday if he blocked any information about same-sex marriage and charter rights protecting sexual orientation.

THE CANADIAN PRESS

PM's unicorn? A pay freeze

The Harper government is getting praise for its proposal to freeze the salaries of federal politicians.

But the praise-givers realize it won't make a discernable dent in the \$56-billion deficit.

The Canadian Taxpayers Federation said the prospect of politicians tightening their belts is akin to "a unicorn sighting."

"It's something we called for and we're glad to see them actually doing it," said the federation's Kevin Gaudet.

The government announced in yesterday's throne speech it will introduce legislation to freeze the salaries of the prime minister, cabinet

ministers, MPs and senators.

It will also freeze the overall budget for ministerial offices and departmental operating budgets. Gaudet said it's an important symbolic gesture.

"This is eye-dropper, thimbleful approach ... But it's necessary to give them the moral authority to do the stuff they're going to need to do."

THE CANADIAN PRESS

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Own the Auditorium? Arts community hopes for same treatment as athletes in budget. Scan this code for the story.



Prime Minister Stephen Harper follows Gov. Gen. Michaëlle Jean as they leave the Senate after the throne speech.

Brazil failed us: Shipwreck officer

HIGH SEAS The first officer of a Canadian tall ship that went down off Brazil said he and 63 others could have been rescued within hours if Brazilian officials had sent out an emergency call sooner.

Kim Smith said he knew there was at least one other vessel four hours away.

His training vessel, the Concordia, went over on its side on Feb. 17 and sank 20 minutes later.

Smith said an emergency beacon on the ship would have immediately alerted Brazilian officials to a problem when the Concordia heeled, about 500 kilometres offshore.

Smith said the Brazilians should have spread the message to other ships.

Concordia's crew man-

"There was a vessel within four hours of us."

Kim Smith

aged to get into life-rafts before it went down.

But Smith said it took about 20 hours before any distress call was issued and 40 hours before the crew was rescued.

"There was a vessel within four hours of us and I know they received a distress call almost instantly," he said.

Brazilian officials have said it took them time to confirm it was a legitimate distress call since beacons are notorious for going off accidentally.

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Non-profit community organizations in Ottawa are invited to submit applications for new projects that support inclusion of people who are low-income, at risk, isolated or otherwise marginalized and promote quality of life for residents, through activities such as literacy, employment, physical activity and/or participation in cultural programs.

The guidelines and application form, including a list of priorities, is available at City of Ottawa Client Service Centres and online at ottawa.ca/communityfunding.

Deadline for receipt of applications: Thursday, April 8, 2010.

Two information sessions are also being held to provide more information, which are scheduled as follows:

English

Ben Franklin Place,
101 Centrepoin Dr.,
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The Chamber
Monday, March 15, 2010
4-6 p.m.

French

Richelieu-Vanier Community
Centre, 300 Pères Blancs Avenue,
Ottawa K1L 7L5
Salle d'Accueil Hall
Tuesday, March 16, 2010
4-6 p.m.

If you require special needs accommodation for the information sessions, please e-mail julie.tremblay@ottawa.ca or call 613-580-2424, ext. 12513.

For more information on the 2010 Non-Renewable Community Project Funding Program, please contact Rahmat Shahidi at 613-580-2424, 24251 or via e-mail at rahmat.shahidi@ottawa.ca.

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Comment

Cheating – stupid is as stupid does

Relating

Steve Collins

metronews.ca/collins

his just in: Cheating is dumb. Dr. Satoshi Kanazawa, an evolutionary psychologist of the London School of Economics and Political Science, has published a study sug-

gesting that men with higher IQs are less likely to cheat on their partners. ("Or," posited Gawker's Richard Lawson, "are they just better at not getting caught?")

The publication of the paper in *Social Psychology Quarterly* has if nothing else provided yet another opportunity for less cerebral media to publish more pictures of Tiger Woods. (As well as glib, scientifically illiterate columns like this one, I suppose.)

Kanazawa's theory is that

primitive man was hard-wired for promiscuity, and monogamy is a more recent invention, an "evolutionary novel" behaviour that requires a little more head-horsepower to achieve.

He also found liberals and atheists tended to have higher IQs than conservatives and believers, again reaching for the explanation of evolutionary novelty. Is it any wonder religious conservatives are the least likely to believe in evolution? What's in it for

them?

Smart women, meanwhile, were found no less apt to get some on the side than those with lower IQs. Evolution is tricky stuff, eh?

With all due respect to the good doctor, there may be a bit of confusion of cause and effect going on here. Maybe cheating makes you stupid. The likes of Eliot Spitzer and Bill Clinton, initially considered pretty sharp, ended up looking distinctly dumb once their reckless horn-

doggery was exposed.

And maybe we're reading too much into Kanazawa's findings that "more intelligent men are more likely to value monogamy and sexual exclusivity than less intelligent men," which is hardly a predictor of behaviour. Most cheaters will acknowledge that it's wrong, but they do it anyway.

All of which maybe goes to show that science, while a nifty pursuit for eggheads whose presumed penchant for monogamy leaves them with time on their hands, is

a crude tool for mapping the complexities of the relationship you actually live in.

Where does this leave us? Why are you asking me? If you're dumb enough to sleep around, and experience teaches that many of us are, I'd suggest you'll need a smarter plan than blaming either your modest IQ or millions of years of evolution when you get caught.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Women with sticks deserve same recognition

FourthWave

Canice Leung

metronews.ca/fourthwave

Both our hockey teams struck Olympic gold in Vancouver. The next day, hockey fever raged on for the NHL. But whither the women after the podium was packed away? Is there

support for women's hockey beyond the Games?

I polled a few hockey-obsessed friends: The answer was no. For one, there's no professional league; even if there were, the game lacks speed and finesse, one said. Another said women don't excite the way pugilistic NHLers do. Wait, where did that fuzzy feeling go? I thought we were proud of our golden girls.

Female hockey players have always been a bit subversive. The sport began

with men, and as a result, fans have come to see the boys' version as the way it ought to be played. Now, women are adopting it, but with a style that's all their own.

There are some examples of women in men's hockey: Hayley Wickenheiser in European leagues; Manon Rheaume in NHL exhibition games.

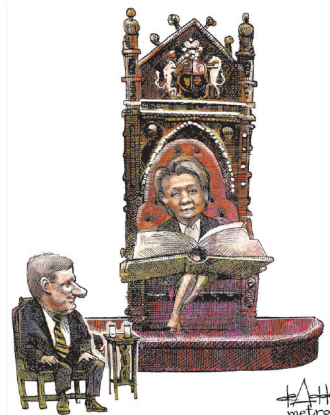
It's a difficult pill to swallow, acknowledging that some spectators will never be inspired by women for

their sheer athleticism; that she will always be good ... for a girl.

Add to that the talk that women's hockey ought to be removed from the Olympics. Supporters cried foul, maintaining that it will just take time to establish the sport and develop a deep talent pool. I hope that's the case. That would be golden.

Canice Leung is a former editor of *Ryerson University feminist magazine McClung's*, copy editor at Metro, ardent feminist and loudmouth.

TOME FROM THE THRONE



MICHAEL DE ADRI

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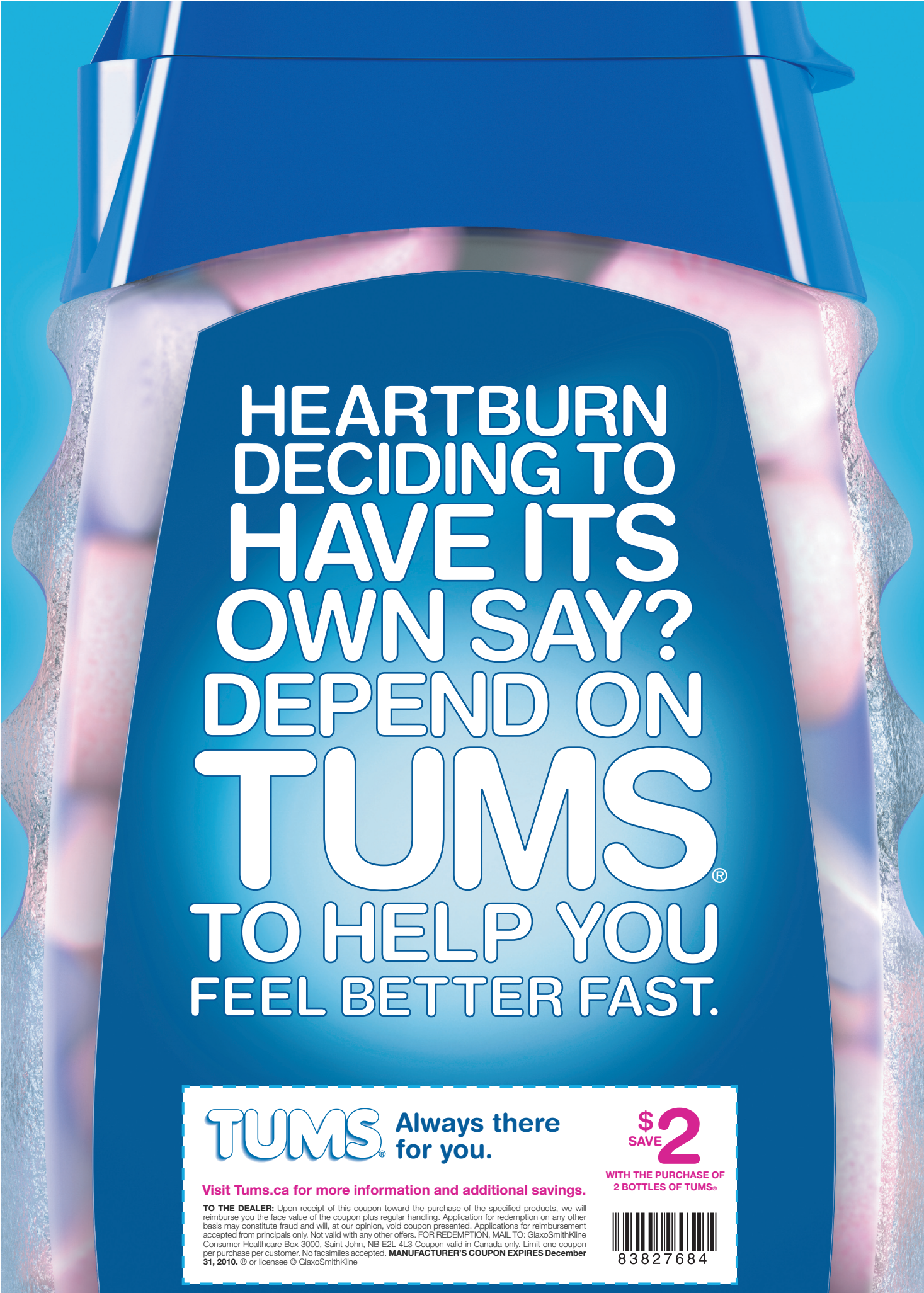
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Couple accused of bartering sex with daughter
 Authorities in Georgia say a mother and father offered sex with their 14-year-old daughter in lieu of making payments on their minivan. Police say the parents were arrested Monday and are in jail awaiting a bond hearing. They face child molestation and pandering charges. **THE ASSOCIATED PRESS**

World

Ukrainian PM ousted

Ukrainian parliament ousted Prime Minister Yulia Tymoshenko, left, in a no-confidence motion yesterday that could end a political deadlock that has forced Ukraine to cope with a severe economic crisis without a budget. Parliament now has 30 days to form a new governing coalition, and it is expected to coalesce around newly elected President Viktor Yanukovich's Party of Regions. **THE ASSOCIATED PRESS**



News in brief

FACEBOOK The Israeli military says a planned raid on a West Bank village was called off after an Israeli soldier disclosed

its details online. The military says the combat soldier posted details on his Facebook page. **THE ASSOCIATED PRESS**



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Uganda Death toll rises after mudslides



People search for survivors yesterday after the landslide in Uganda. Rivers of mud swamped houses, stores and at least one school after torrential rains Tuesday, killing at least 92 people with some 250 still missing, officials say.

Widening scandal shocks Germany

It happened for years, again and again. Every morning before class, the boys had to undress and Father Ludger Stueper sprayed them with cold water from the hose, front and back.

The boys also had to lie down on Stueper's couch where the Roman Catholic priest would take their temperature — rectally for seven minutes. Then there were the photos taken of the boys, forced to pose naked.

A few of the at least 150 victims are now willing to speak out in an ever-widening scandal involving allegations of priests sexually abusing their pupils at sev-

Papal reaction

- Neither Pope Benedict XVI nor the Vatican has made specific remarks about the abuse scandal in Germany, a Vatican spokesman, the Rev. Ciro Benedettini, said, but he added that previous statements on other such scandals — including most recently about Ireland — are certainly valid for Germany.

eral Catholic high schools across Germany.

The scandal has spiralled since seven alumni of the prestigious Catholic Canisius Kolleg in Berlin first came forward with allegations of abuse in January,

shocking the homeland of Pope Benedict XVI.

While the focus of the sex abuse scandal in the Catholic church centred on the U.S. for several years, abuse scandals have in recent years erupted in other countries as well, including Canada, Ireland, the Philippines, Poland, Mexico, Italy and elsewhere.

More than one month after the first victims came forward in Berlin, new revelations of child abuse by Catholic priests are surfacing on an almost daily basis.

"This is just the tip of the iceberg," the Rev. Klaus Mertes, the director of Canisius Kolleg said last month.

THE ASSOCIATED PRESS

ATC let child radio plane instructions

NEW YORK An air traffic controller at New York's Kennedy Airport was suspended yesterday for allowing his young son to radio instructions to several pilots. The few quick exchanges between the elementary-school-aged child and jets waiting to take off from JFK, one of America's busiest airports, appeared to delight pilots at the time. But the Federal Aviation Administration suspended the controller and a supervisor after recordings of the calls were posted on the Internet, then reported on by a Boston TV station.

THE ASSOCIATED PRESS

Road accidents deadly for youth

STATISTICS Road accidents are the leading cause of death for world youth from ages five to 29, and nearly half of the 1.2 million traffic fatalities each year are pedestrians, cyclists and motorcyclists, the World Health Organization said. The study finds that more than 90 per cent of the fatalities occur in developing nations, and in some of the poorer nations as many as four-fifths of those killed in road traffic are "vulnerable road users," or those not in cars. **THE ASSOCIATED PRESS**

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Obama's Gitmo plan hits hurdle after former detainee returns to Taliban. Scan this code for the story.

TAKE A CLOSER LOOK AT ONTARIO'S NEW TAX PACKAGE

Personal income tax cuts came into effect January 1st

Visit ontario.ca/taxchange to see how the personal income tax changes affect you. And find out more about all of the tax changes including the harmonized sales tax (HST).

Wi-LAN expects revenue jump this year

Technology licensing company Wi-LAN Inc. expects that a more aggressive defence of its patent portfolio will help boost its revenue for the current financial year. **THE CANADIAN PRESS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Canadian bankruptcies up 25 per cent in 2009

The number of Canadians who filed for bankruptcy was up by more than a quarter last year, but both business and personal bankruptcies fell for the third straight month in December.

Overall, bankruptcies were up by 25.9 per cent, and consumer bankruptcies rose by 28.4 per cent from the last month of 2008, when Canada and most other developed countries were in the midst of a major global recession.

December also showed improvements from the preceding months of 2009, although the Office of the Superintendent of Bank-

Firms fare well

• Canadian firms appeared to have fared remarkably well during the downturn. Business bankruptcies fell 7.7 per cent in December and for 2009 as a whole, they were down 12.1 per cent.

ruptcies cautioned that filings have historically tended to decrease in the latter part of most years.

Consumer bankruptcies dropped 8.7 per cent in December, following a 3.8 per cent decline in November.

Proposals, an alternative to bankruptcy that allows for a renegotiation of pay-

ments, also fell by 16.6 per cent in December, according to statistics compiled by the federal superintendent of bankruptcy.

"The continuation of the downward trend in consumer bankruptcy filings appears to be an increasingly positive sign that Canadian households are getting a better grasp on their finances," said Royal Bank economist David Onyett-Jeffries.

Onyett-Jeffries explained that recent changes to the Bankruptcy and Insolvency Act encourages consumers to restructure debt as an alternative to declaring bankruptcy.

THE CANADIAN PRESS

Coffee **Perky Cups**



Officials say a bikini and the First Amendment provide enough coverage for this advertisement outside a Denver coffee shop called Perky Cups, after Aurora city council member Molly Market called the picture "degrading to women." The officials also deemed the billboard as being legal.

Expect more recalls: Analysts

AUTO Nissan has joined the growing list of automakers recalling their vehicles, with a recall of more than

6,000 trucks and minivans in Canada to fix problems with brake pedals and fuel gauges.

Industry analysts say recalls will become more commonplace as new vehicles incorporate more complex technology.

Analyst Dennis DesRosiers says automak-

ers have been making their vehicles increasingly sophisticated in response to new regulations for safety, emissions and fuel efficiency.

He predicts this will lead to more and bigger recalls over the next 10 years. Vehicle companies are also stepping up their safety initiatives in response to the regulatory pressure on Toyota due to a massive global recall of its products.

THE CANADIAN PRESS

In brief

PROFIT Torstar Corp. rose to a \$57.4-million profit in the fourth quarter, reversing a year-earlier loss as the big media company weathered a turbulent economy and benefited from earlier cost-cutting.

THE CANADIAN PRESS

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Analysts are hot on Bombardier, predicting huge gains as the aerospace industry recovers. Scan this code for the story.

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John Daly was so irritated that a Florida newspaper wrote about his PGA Tour disciplinary file that he referred to the writer as a "jerk" on Twitter and posted the writer's cellphone number for his followers to call. The file notes that Daly has been suspended five times and cited 21 times for not giving his best effort. **THE ASSOCIATED PRESS**

Daly lashes out on Twitter

Sports



Pain in the neck for Peyton

Four-time league MVP Peyton Manning, left, has undergone neck surgery to relieve pain caused by a pinched nerve. The Colts issued a statement yesterday announcing the surgery. The team says the injury has caused intermittent pain in Manning's neck for the past four years but never affected his training, practice or playing regimen. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

WOODS Jack Nicklaus is going to appear at next month's Masters. He thinks Tiger Woods will as well. Nicklaus said yesterday that "it would surprise me" if Woods did not return to competitive golf in time for the Masters, a tournament the embattled world No. 1 has won four times in his career.

NHL The sale of the Tampa Bay Lightning to Boston Red Sox minority owner Jeff Vinik is complete. The NHL's Board of Governors gave unanimous approval to the deal yesterday.

BASEBALL Outfielder Justin Upton and the Arizona Diamondbacks have agreed to a \$51.25-million US, six-year contract. The 22-year-old outfielder was a first-time all-star last season, when he hit .300 with 26 homers and 86 RBIs.

SOCCER Canada captured the Cyprus Women's Cup soccer title with a 1-0 victory over New Zealand yesterday. Diana Matheson scored the lone goal in the 70th minute as Canada finished the tournament undefeated with four wins.

METRO NEWS SERVICES

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NHL YESTERDAY'S RESULTS

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Florida 7 Philadelphia 4
Washington 3 Buffalo 1
Edmonton at Chicago
Minnesota at Calgary
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Oklahoma City at Denver
Indiana at Portland
Phoenix at L.A. Clippers

Sens stand pat at deadline

Earlier moves already set team up for playoff run: Murray

The Ottawa Senators were silent at the NHL trade deadline but general manager Bryan Murray believes the roster he's assembled can still make some noise in the Eastern Conference playoffs.

Murray completed all of his work before yesterday's 3 p.m. ET deadline, acquiring defenceman Andy Sutton from the New York Islanders Tuesday and forward Matt Cullen prior to the Olympic break.

"Getting Matt Cullen, a very versatile forward and a guy who can play in our top six ... I think now we're 14 or 15 forwards deep, so if we are in the playoffs and make a run, I think we're fairly well protected in that area," Murray said yesterday.

"And (Tuesday), being able to obtain Andy Sutton, a big guy and defensive-type defenceman, provides some depth for us in that area, but more than that — I think he'll be a real element on our hockey team. He's big and strong, tougher around the net."

In possession of one of the NHL's worst power plays, the Senators were believed to be interested in possibly obtaining some help on the blue-line for those situations.

Murray admitted he spoke with several other teams throughout the day but didn't find anything to his liking.



Matt Cullen of the Ottawa Senators skates in a recent game against the New York Islanders.

"There are guys out there that would have been interesting to our team, but obviously we couldn't pay the price to get them here and I feel fine about that," Murray said.

The lack of deals yesterday could also be good news to the Senators when it comes to their ability to retain one of their most-prized assets in defenceman Anton Volchenkov. He's scheduled to become an unrestricted free agent after the season.

Earlier this week, Murray admitted talks between the team and the Russian blue-liner's agent, Jay Grossman, on a contract

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"No more Olympics, please." Ovechkin is in no mood to talk about Vancouver. Scan this code for the story.

extension weren't looking good.

But rather than entertain offers to move the 28-year-old in order to avoid the risk of losing him for nothing July 1, Murray is hoping talks will continue.

Volchenkov is earning \$3.2 million US in the final year of his deal and has a

salary cap hit of \$2.5 million.

"I had a couple of calls about Anton and I have talked to his agent a couple of times today," Murray said. "We didn't get anything done, but we are talking and that's a good thing. I told him in my last call that I was not going to trade him."

"I've said all along and I've said to our staff that what I want to do here, by adding Matt Cullen and Andy Sutton and by acquiring enough depth I think, is give our team the best chance come the latter part of the year and then in the playoffs." **THE CANADIAN PRESS**

Big names stay put as GMs do deals

NHL Toronto Maple Leafs general manager Brian Burke stepped to the podium not long after the NHL's annual trade deadline had passed, and like many of his colleagues around the league he had plenty to say but nothing to really brag about.

Some teams were more active than others, like the Washington Capitals, which added veteran depth and clubs like the Leafs and Carolina Hurricanes, which shed it. But it was difficult to find a headline-grabbing name in the mass of movement like there was two years ago, when the deadline was filled with big names such as Marian Hossa and Brian Campbell.

"I would say it was decidedly quiet," Burke said when it was all done yesterday. "There's not big-name players."

"Lots of activity, but it's a low-hum, you know? No big thunder claps."

Washington acquired defenceman Joe Corvo from Carolina, with one report suggesting he would share the blue-line with Mike Green on the power play. The Capitals also picked up forward Scott Walker from the Hurricanes, defenceman Milan Jurcina from Columbus and forward Eric Belanger from Minnesota.

TSN's unofficial tally pegged the total number of trades yesterday at 30, which would be a record.

THE CANADIAN PRESS

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Metro Homes



Go colonial

Designed in the French Colonial style, this Cote d'Ivoire Table Lamp adds classic charm to any space. The twisted resin stem and hand-braided natural sea-grass shade create a sophisticated look. Ships with lamp shade pictured. Ballard Designs, \$79, ballarddesigns.com. JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Consider composite for renovating

For homeowners, granite is a favourite for countertops, flooring, backsplashes and fireplace hearths.

However, there is a difference between natural granite — made from an actual slab of natural stone — and composite granite materials. Compos-

ites include a combination of natural and manmade material and that gives them an edge over natural stone when it comes to durability, performance and hygiene.

Popular on the market today are kitchen sinks made of "granite compos-

ite" material. Canada's leading brand is Silgranit, made by German sink manufacturer Blanco.

Made of 80 per cent natural granite, Silgranit also has a patented formulation of acrylic and ceramic microbeads that make it non-porous, scratch-proof and stain resistant. The sinks come in seven natural colours and the company makes matching coloured faucets for easy coordination.

"Silgranit is a patented material that is unique in the marketplace and so durable, it can last the lifetime of a person's home without chipping or scratching," says Alexandra Marshall, marketing director with Blanco. "Both our formulation and manufacturing process is



Composite granite is a mixture of natural and man-made materials.

patented so there is nothing else out there that is comparable in terms of

performance."

This also makes it far more durable than the

more common stainless steel sink, which can scratch, and also more durable than other sink materials like cast iron or acrylic. It is also hygienic and approved to food-safety regulations. Unlike natural granite used for countertops, bacteria cannot grow on its surface.

"It's important to know that a composite material, being manmade, will not be the same from one manufacturer to another," adds Ms. Marshall. "With Silgranit, for example, you can put a hot pot straight from the stove into the sink and it will resist the heat. While another manufacturer warns against this for their granite composite sink brand which will crack in the same circumstances." NEWS CANADA

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Money-saving tip

The venue and food can be the largest drain on your budget. An option is to go to a vacation destination for a private ceremony with close family and friends. When you return, have a cocktail and hors d'oeuvres party to celebrate. **NEWS CANADA**

13

Wedding Show

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Gowns get dramatic

LEYLA EMORY
for Metro Canada

This year promises to be a fun one for the wedding dress. It's playing with colourful accents, lacy layers, changing lengths — and it's doing it on a budget.

"Black accents are not goth anymore," says Lori Pannia, editor in chief at the TheRingBearer.ca. "This theme was all over the runway; whether it be a sash in the hair, a belt around the waist or even simple details on the dress, all designers used some sort of drama with black accents."

Red is also getting in on the fun. "Look for bright red dresses embellished with large satin sashes and bows, or red dresses with black piping and details," says Lisa Lewis, co-founder



This silk organza Laurel gown in ivory by Adele Wechsler can be worn with a dropped yoke skirt, left, or as a short cocktail dress.



of Live It Up Events.

Texture is a big one this year. "Look for floral prints and intricate lace details, which make the dresses appear soft and touchable," says Pannia. Layers

are coming in the form of a bolero to cover the shoulders, or just more fabric to fill out the dress: "Chiffon, tulle, organza, or even feathers — layers of fabric are the newest major detail designers are playing with," says Lewis.

And with layering comes functionality. "There was a movement towards wanting to wear short for the wedding but feeling torn about missing the experience and drama of the wedding gown," explains Adele Wechsler. Her latest collection uses layers to transform a dress. "They are pieces where you wear a short dress over a long skirt that together look seamless. (A bride) could come to the reception and be kind of sassy and sexy in a short dress. Or just simply be able to use it again. It fits in with the philosophy of the eco bride who wants to be able to reuse and re-wear and not simply have this dress that

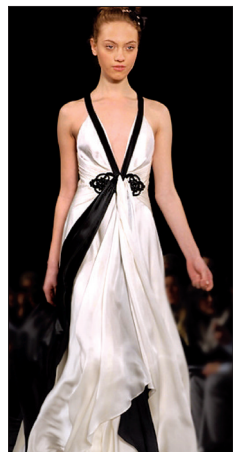
Texture is big this year, as seen in this gown by Reem Acra.

THE ASSOCIATED PRESS

she could only wear once."

Aside from flaunting legs, gowns are also revealing more skin on backs. "Backs were open and low cut," says Pannia. "The looks are sexy but designed to be classy. Keep an eye out for key-hole cutouts and jewels adorning the back."

Finally, budgets are being considered. While her collection offers saving in the form of two dresses in one, Wechsler has also come up with a more affordable line. "With the economy being what it is, another important consideration for me with this collection was that I wanted to be able to offer a couture gown for under \$2,000."



Black — as seen here in the Arabella gown, left, and the Rhapsody gown by Jenny Packham — was all over the runway at the spring and summer 2010 bridal fashion shows.



Can you afford it?

The average wedding costs almost \$20,000 (according to a 2009 Weddingbells survey), but can you afford it?

"After a recession, many couples are thinking twice about spending money on a chocolate fountain and matching tablecloths," said Liz Lunney, senior vice-president, Fiduciary Trust Company of Canada. Here are some ways to save money:

• Party after the wedding.

Go to a vacation destination for a private ceremony with close family and friends. When you return, have a cocktail and hors d'oeuvres party to celebrate.

• The early bird saves money.

Watch for sales to save on decorations and out-of-season items. A wedding dress on clearance can save you hundreds of dollars.

• Stick to a VIP list.

Only invite friends and family who are closest to you. This can open up the opportunity to have the reception in a cheaper venue, such as someone's backyard or at a restaurant.

• Get creative.

For the personal touch, create your own invitations — it's a great way to save money too. Keep décor simple and order flowers in advance from a grocery store.

• Something old, something borrowed.

Do you really need a brand new cake knife or vases for the flowers? Instead, borrow items from family or friends, or rent what you need.

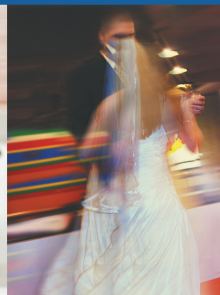
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Ottawa Wedding Show

Brides eye lash extensions

JANINE FALCON
for Metro Canada

For some brides-to-be, a long, lush, dark fringe of lashes means dispensing with mascara on their wedding day and not having to wear eye makeup at all while enjoying their honeymoon. All it takes to get them is a couple of hours and between \$75 and \$300.

Eyelash extensions are becoming more and more popular for women with natural lashes that are short and fine.

"They give you the look of naturally defined eyes without the use of mascara," says Olena Kovalchuk, makeup artist and eyelash extension technician at Kirsch Cosmetic Studio in Toronto. "Extensions make lashes look longer and a little thicker."

The process involves having synthetic clusters or singles glued onto clean, natural lash-



es to deliver a longer, thicker, more dramatic effect. More common are single-lash extensions, in which one synthetic lash is glued onto a single natural lash (without touching the lid); the finish tends to be more realistic.

Proper care is important for extension longevity, and is usually outlined for each client during the appointment. Instructions include not touching the lashes once they're applied because the natural oils in skin reduce the effectiveness of the adhesive. Non-oily makeup remover is also best.

How long extensions last also seems to depend on the supplies each technician uses.

According to Kovalchuk, the type of extensions and glue she uses (Misencils) can last up to nine months. To maintain lush results, however, the key is monthly fill-in appointments to replace lashes that fall off during the natural lash-shedding cycle.

Jennifer Ballance, who provides lash extension services at Buff Nail Lounge in downtown Toronto, uses materials supplied by a company called XtremeLash-Canada, and predicts a full two months of good-condition wear with a refill about halfway through.

Extensions eventually fall off by themselves, but the look can get scraggly as more lashes disengage.

"See a professional who can remove them without damaging the natural lash," Ballance suggests.

Cost can depend on the number of extensions you have. At Buff, a half-set of

about 30 synthetics per eye is \$75, and a full set of about 70 per eye is \$150. At Kirsch, however, the price is \$300 — rather than limit the number of extensions she uses, Kovalchuk applies as many as necessary for the fullest effect (it varies according to how many lashes the client has naturally), and sends the client home with a protective lash sealant and oil-free makeup remover.

Extension alternatives

For women with very sparse lashes, extensions may not be a solution because they can't add much fullness. You can add length to what is already there, but you can't attach synthetic lashes where natural lashes don't exist, Kovalchuk explains.

A temporary strip of falsies is better for achieving a significant overall volume boost. **Shu Uemura's Farfallina Lashes** (\$36, Holt Renfrew) offer a glamorous flourish. **MAC LASH #31** (\$15.50, maccosmetics.com) or **Revlon's Fantasy Lengths #99500** (\$7.99, at Wal-Mart and Zellers) offer more realistic results.



Eyelash extensions are becoming more popular with brides.

Makeup artist Sylvie Mazerolle (sylviemazerolle.ca) prefers to use feathery lash clusters for a soft, feathery look. "I'm the naturalist when it comes to bridal," she says. "Bridal makeup should enhance your natural beauty — you should look like a princess, not a drama queen."

For women who would rather stick with mascara, **L'Oréal Paris Double Extend Beauty Tubes** (\$14.95 at drugstores) has a primer

on one end and colour on the other for a dramatic increase in length. Fragile lashes may have a hero in **Cargo LashActivator** (\$35 at Murale and Sephora), a mascara-like treatment that can be used in the months before the big day. It contains a blend of nourishing marine and botanical extracts to boost growth by improving micro-circulation of nutrients and reducing lash loss.



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Ottawa Wedding Show

Show an upbeat event

TRACEY TONG

tracey.tong@metronews.ca



Most weddings are so expensive, it's nice to get something gratis to celebrate your big day.

Offering free admission, the Ottawa Wedding Show, which comes to Lansdowne Park this Saturday and Sunday, offers everything a couple needs for their wedding and honeymoon in one convenient location, organizers said.

"You can search the city for unique ideas for your perfect wedding day or simply go to the Ottawa Wedding Show," said show manager Yolande Adams.

"I think the bridal houses (at the show) are some of the best in eastern Ontario," Adams said. And as an added bonus, "it's always easiest to deal with someone in the area."

Adams said she expects

the show, to be held from 10 a.m. to 5 p.m. at the Civic Centre, to be the largest ever. Last year, more than 10,000 people, including 4,000 brides, visited the spring and fall shows, she said.

It's always an upbeat event, Adams said.

"People are getting married, and they're excited," she said.

No matter how the economy is, the wedding industry holds stable, Adams said.

"People are still getting married and spending money on their special day. Some of them might cut back on the number of guests coming, but they're still going to buy a wedding dress and a get a photographer to capture those memories."

Brides, grooms and their parents will be able to get ideas for reception facilities, flowers, cakes, music,

If you go...

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- **Where:** Ottawa Civic Centre, Lansdowne Park.
- **Cost:** Free.

favours, gift registry, decorating ideas, invitations, catering, music, photography, video, limousines and honeymoon destinations.

Those who have been planning their weddings for a while and attended the show last fall will find new ideas this time around.

There are new exhibitors every year, Adams said. "We're always adding new bridal houses, new florists, new planners."

On both days, fashion shows, featuring gowns and formal wear from All That Glitters Bridal, Syd Silver and Moore's, will be held at 12:30 p.m. and 3:30 p.m.

Wedding planner semi-

nars, with advice on staying organized and keeping to a budget, led by Liz Bourguignon of Bridal Solutions Wedding Planning, are held at 11:30 a.m. and 2:30 p.m.

But one of the main features that draw brides every year is the gown sale, which includes wedding gowns and bridesmaids' dresses at big discounts.

"The gown sale has become one of the signature elements of our event, said Adams. "Future brides arrive early to get a shot at the best deals."

Other freebies for brides-to-be include free magazines and wedding planners, chances to win prizes, and free passes for the Ottawa Travel and Vacation Show, held the same weekend in the Aberdeen Pavilion.

If you're recently engaged and need more time to let it sink in, mark the company's fall show, held Sept. 11 and 12, on your calendar.



Brides and grooms will be able to get ideas for flowers, cakes, decorating, invitations and more at the Ottawa Wedding Show.



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Consider booking your wedding in the winter or spring, or on a Friday or Sunday. Avoiding a Saturday in the summer will probably get you the venue you want and save you money. **NEWS CANADA**

Ottawa Wedding Show

Plan to save, experts say

LEYLA EMORY
for Metro Canada

Looking for the best way to get the most bang for your buck out of your wedding? Make planning it part of the fun.

"It should be more than one fabulous day," says Lisa Lewis, co-founder of Live It Up Events. "The planning process can be pretty amazing as well."

But before you even set a date, examine your budget, says Lewis. "The earlier you start, the longer you have to save and spread out your payments."

She suggests saving for at least a year and a half to two years for those trying to keep costs down. "Once you have your wedding budget, calculate how much you could reasonably save on a month-to-month basis. Then push the big day back far enough so that

you can give yourself enough time to pay for it." Now hit the fair.

With Christmas and new year's being the biggest time for engagements, it's no coincidence that wedding shows start popping up in January.

"I believe in entertainment," says Mark Kovacs, president of Canada's Wedding Expo Inc. "You pay \$15 at the door to walk in, (and) yes, you will find vendors that will provide a product or service for your wedding — but you need to be entertained while you're there."

Fashion shows, live musicians, food sampling and gift bags are all part of the fun. "It's like Disneyland," he says. "You go from one theme park to another."

But in all the excitement, don't forget to plan the wedding. "The shows are phenomenal for ideas and information," says



Once you're engaged, experts suggest setting a wedding budget.

Lewis, "but I do suggest hiring a planner, a competent, certified planner — someone who will get to know you and your partner, who can take the stress from you, look after you, bring you ideas and guide you in the right direction."

With more than 300 vendors at his wedding show, Kovacs agrees. "Walking into a wedding show with a planner doubles one's effort in finding what they need."

This includes savings. "Everybody thinks that they're going to save mon-

ey by not hiring a planner," says Lewis, "but in fact, your planner can actually save you a lot of money."

She stresses the importance of not making rash decisions. "Recognize that what worked for your friend, cousin, sister, et cetera may not necessarily work for you."

A planner can offer alternatives to the norm. "Your wedding doesn't always have to follow the classic format," she says. "You can create something wonderful without diving deeply into debt."

Ways to unleash your creativity

EVA LAM
for Metro Canada

For the budget-conscious couple, a do-it-yourself wedding is not only a way to save, but also a perfect opportunity to unleash your creativity.

We asked Genève McNally, principal planner at Vancouver's DreamGroup Productions Inc., and Liz Bourguignon, wedding and events director at Bridal Solutions Impact Marketing & Event Solutions in Ottawa, for some tips on making your big day a DIY affair.

• Invitations: Art stores and dollar shops sell scrapbook paper, ribbons, stick-on rhinestones and other items you can use to make personalized invites. McNally suggests getting several friends together and making it a fun girls' night activity. If you're short on time, some graphic designers, such as Tammy Lyon of Uniquity Invitations, offer affordable PDF templates you can customize, down-

load online and print at home.

• Centrepieces: McNally's favourite DIY centrepiece look involves placing pillar candles of varying heights on a mirror, with gemstones and flower petals scattered around them. Another idea: Fill up glass vases with rocks, shells and ocean glass.

• Favours: "Try to do a favour that somehow is connected to you or important to you," suggests Bourguignon. She recalls a Chinese wedding where the couple put personalized messages inside fortune cookies. For green-themed weddings, consider home-grown potted plants.

• Music: In lieu of a DJ, couples can use their own MP3 player and hook it up to a rented or borrowed speaker system, say McNally.

• Leave it to the pros: Unless you're a florist, Bourguignon advises against making your own bouquets. Both experts agree that photography is another area where you should hire a professional.

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Heels to help cancer

Hero in Heels is an annual fashion show where famous celebrity women donate a signed pair of shoes to benefit women affected by cancer. This year's celeb participants include Taylor Swift and Scarlett Johansson. Visit heroinheels.org. **METRO NEWS SERVICES**

17

Style

**Jewels fit for a celeb**

When it comes to the red carpet, statement jewelry can be just as show-stopping as a beautiful gown. In anticipation of the Oscars, anyone can accessorize like a celebrity with Lia Sophia's new Lanaya Red Carpet Celebrity Collection. Architectural elements, coloured pearls and tribal-inspired motifs make up this stunning collection. Left: Necklace with black diamond crystals in matte gold, \$770, and pyramid stretch bracelet with black diamond crystals, \$440 each. Available at liasophia.ca. **METRO NEWS SERVICE**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Who will dazzle?

Experts weigh in on what to expect on the red carpet

JORDANA DIVON
for Metro Canada



Awards? What awards? For many, Oscar night is the world's most elaborate fashion show, a chance for the sartorially minded to revel in the beauty (and occasional beastliness) of Hollywood glamour.

Just in case you can't wait until the weekend, Metro has assembled an expert panel to drop a few hints about what to expect on this year's Academy Awards runway.

The Ladies

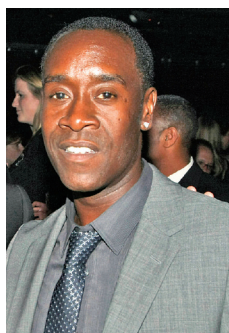
Los Angeles-based Ali Rahimi is an awards show pro, having dressed stars like Amy Adams, Anjelica Huston and Jane Lynch for their respective romps down the

Hollywood Votes
Academy Awards

red carpet. And although he won't tell us who, don't be surprised to see one of his gowns floating into The Kodak Theatre on Sunday.

"In the past few years the trend has been discovering new designers – not just sticking with the same old guard – and feeling comfortable enough to take a chance and wear

colour or fabrics that are a little more out there. There's always going to be black, but I think we're also going to see a lot more fabrics



Designer Dimitri Chris thinks men at this year's Oscars will opt for less conventional tuxes in a navy or dark grey colour (see actor Don Cheadle, right) and/or a patterned bowtie (see actor Ashton Kutcher, left).



like silk taffeta, which is very malleable to drape different designs in, silk duchess, crepe, and we're seeing a lot of wonderfully complicated, intricate knits as well."

The Gents

Menswear designer Dimitri Chris has been stitching up his niche on the Montreal fashion scene for the past decade, and is the veteran of not one, but two prêt-à-porter collections during la belle ville's Fashion Week. His use of shape and creative combinations has singled him out as one to watch.

"If a guy doesn't wear a traditional black tuxedo and tie he will automatically stand out and not necessarily in the right way. So to make a good statement,



Stuart Weitzman's 'million dollar shoes' have been an Oscars staple since 2002, and his work can be seen supporting many of the world's most famous arches. Out of respect for the economy, Weitzman says he won't be debuting a six-figure creation this year, but reassures us there will still be plenty of glamorous footwork.

I think the men should opt for a real knotted bowtie, preferably in a pattern rather than solid black. They can also try a less conventional tuxedo with a lightweight velvet dinner jacket or a full-on silk tux in a navy or dark gray instead of the classic black. A pocket square is a must."

The Shoes

Stuart Weitzman's 'million dollar shoes' have been an Oscars staple since 2002, and his work can be seen supporting many of the world's most famous arches. Out of respect for the economy, Weitzman says he won't be debuting a six-figure creation this year, but reassures us there will still be plenty of glamorous footwork.

"Lots and lots of platforms — the higher the better, as well as some unique feather detail designs, crystals, of course, and color palette of nudes and metallics. Stars are always ahead of the curve when it comes to embracing the latest in cutting-edge fashion, so expect the unexpected, especially from Maggie Gyllenhaal and Penelope Cruz."

Actresses Jane Lynch, far left, wearing an Ali Rahimi gown and Maggie Gyllenhaal, left, in a Roland Mouret dress at the 2010 Golden Globe Awards.

Your Oscar wins

From pretty to practical, luxe to less, swag-bag-inspired stuff for your own Oscar gift lounge — i.e. your big-screen-TV room

JANINE FALCON/FOR METRO CANADA

Nine West floral clutch, \$120, for a little flower power. At The Bay.



Chanel Rouge Coco lipstick, \$38, long-lasting and in a range of pretty new hues.



A hand-crafted Charlotte Hosten necklace, from \$170, is gorgeous with your LBD or white tank and jeans. charlotte-hosten.com.

Halle by Halle Berry, \$49, the scent of an Oscar-winning woman.



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Justin Timberlake is back with ex Cameron Diaz — on the big screen. He has signed on to star alongside her in the comedy *The Bad Teacher*. According to *Variety*, Diaz, 37, plays a middle school teacher who gets dumped by her boyfriend. USMAGAZINE.COM

Entertainment

EDITOR: DEAN.LISK@METRONews.CA



Rising star

Sam Worthington will be honoured as the *ShowWest Male Star of the Year* at the annual cinema owners' convention in Las Vegas this month. The *Avatar* star will receive the prize at an awards gala. FEMALEFIRST.CO.UK

Bubl  leads Juno hunt

Crooner up for 6 awards

The Juno Awards are crazy for Vancouver crooner Michael Bubl  and his hit album *Crazy Love*.

Bubl  scored a leading six nominations as this year's Juno contenders were announced Wednesday.

Rockers Billy Talent, rapper Drake and country singer Johnny Reid all landed four nominations apiece.

Teen sensation Justin Bieber and Toronto indie-rockers Metric received three nods each.

Bubl  will compete for the Juno fan choice award, single of the year for *Haven't Met You Yet*, album of the year, artist of the year, songwriter of the year and pop album of the year.

Crazy Love also landed producers Bob Rock and David Foster a nomination each in the producer of the year category.

Rockers Billy Talent, from Mississauga, Ont., are up for single of the year for *Rusted From The Rain*, album of the year, group of the year and rock album of the year.

Drake, fresh off two Grammy nominations, will

Juno contenders

• **Juno Fan Choice Award:** Ginette Reno, Johnny Reid, Maxime Landry, Michael Bubl , Nickelback

• **Artist Of The Year:** Diana Krall, Jann Arden, Johnny Reid, K'Naan, Michael Bubl 

• **Group Of The Year:** Billy Talent, Blue Rodeo, Hedley, Metric, The Tragically Hip

• **New Artist:** Carley Rae Jepsen, Danny Fernandes, Drake, Justin Bieber, Shiloh

• **Alternative Album Of The Year:** Face Control, Handsome Furs, Post-Nothing, Japandroids, I Can Wonder What You Did With Your Day, Julie Doiron, Fantasies, Metric, Sainthood, Tegan & Sara

• Read the full list of nominees at metronews.ca/music.

compete for single of the year (Best I Ever Had), new artist of the year, and a double nomination in the category of rap recording of the year.

Finally, singer-songwriter Johnny Reid — who was born in Scotland, raised in Toronto and now lives in Nashville — is up for fan choice, album of the year,



Michael Bubl  has scored a leading six Juno nominations.

artist of the year and country album of the year.

Bubl , Drake and Justin Bieber will be among the performers at the Junos, set for April 18 in St. John's, N.L.

Bryan Adams is slated to receive a humanitarian award and April Wine will be inducted into the Canadian Music Hall of Fame.

Comedian Russell Peters has hosted the show for the last two years, but a spokeswoman for the Canadian Academy of Recording Arts and Sciences confirmed that the funnyman would not be back for this year's festivities.

Instead, the Junos will use several hosts.

THE CANADIAN PRESS

Der lo sings heart out

AlbumReviews

music@metronews.ca

Jason Der lo

Album: Jason Der lo

Label: Warner

Rating: ♂♂♂

AFTER YEARS

OF writing for other artists, latest R&B sensation Jason Der lo finally has his own success with hits *Whatcha Say* and *In My Head*. Creating a full-length on their backs, this nine-track eponymous effort ranges from simplistic dance anthems to more of the same. Completely vacuous, Der lo solely bleats about love in various states (falling in to it, emotional hangovers and so on) and seems more concerned with finding vocal hooks than crafting anything of merit. Richly upbeat and overflowing with synthesized effects, Jason Der lo is danceable and quirky but it's also far from enduring or in danger of redefining pop music. Instead, it does as planned: makes a quick cash grab with rudimentary, disposable aural Pabulum.

Keith Carman/for Metro Canada

Joanna Newsom

Album: *Have One On Me*

Label: Drag City

Rating: ♂♂♂♂♂

YOU HAVE TO

BE nuts to release a two-hour, three-album record filled with spare harp-filled sounds, so it's no surprise that Joanna Newsom has done exactly that. The eclectic singer-songwriter lays down 18 delicate, almost musical-like tracks on her third effort. This album is her most direct and lyrically realized, and while it's difficult to wrap your head around at first, these oddly infectious tunes are growers. Her one problem is the same issue anyone releasing a double disc or more faces — cutting a few of the more forgetful tunes would have made this a five star listen.

Bryan Borzykowski/for Metro Canada

More music

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• Read the rest of this week's album reviews at metronews.ca/music and follow us on Twitter at [@TheMetroMusic](https://twitter.com/TheMetroMusic).

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Drink, learn and be merry

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Comforting plates

SHARI GOODMAN
OttawaUrbanFoodie@gmail.com

The Diner
1 Richmond Rd.
(613) 798-7800

Rating: ★★
Dinner for two with milkshakes: \$38
Signature Drink: Milkshake (\$5)

At The Diner, you can expect hospitable servers and modest plates that are comforting and family-friendly.

We ordered a large strawberry Milkshake (\$5) to share. It met our hopes

On the web

- Get recipes and more great food content at metronews.ca/recipes

for something sweet and creamy, but it lacked a fresh strawberry taste.

Perogies (\$9), a starter at The Diner, were satisfying topped with sautéed onions and crispy bacon pieces. Although by appearances the perogies looked crispy, they tasted less fried than boiled.

You can't go to a diner without ordering the Classic Hamburger (\$10). It was grilled nicely and the plate

was fry-happy. Another favourite was the Baked Mac and Cheese (\$13) that was tangy and creamy. One person in our party is a Beef Dip (\$14) connoisseur and was not disappointed with the beef served on a herbed focaccia bun with flavourful jus on the side. The Diner also offers four versions of Pou-tine (\$4), and the four-cheese version was irresistible and poised to comfort you with calories.

The dessert options are displayed in a glass case, and the layered Chocolate Pudding Cake (\$6) was the popular choice for our table. Although the under



Perogies (\$9)

12 entourage enjoyed it, I found it somewhat bland and the icing was a touch

waxy.

For a restaurant that tries to be a diner, this one

meets expectations and will please families dining out with children.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Caramelized Onion Lentil Dip



Dining out

INDIAN EXPRESS FOOD AND SWEETS Indian Express Food and Sweets serves fine, authentic Indian cuisine. The butter chicken, curries and mango chutneys come highly recommended. They also offer catering for small dinner parties or large gatherings. 1104 Somerset St. W., (613) 761-6000

EIGHTEEN Enjoy the luxury ambiance and delicious food at E18teen, which is located in a heritage building in the Byward Market. Chef Matt Carmichael serves impeccable French-based cuisine and has won a variety of awards. 18 York St., (613) 244-1188

METRO OTTAWA

In brief

TASTE a nine-course Chinese Banquet presented by the Heart and Stroke Foundation and Canadian Diabetes Association tonight at Chu Shing Restaurant from 5:30 p.m. to 9 p.m. \$38/person. diabetes.ca/get-involved/events/chinese-banquet-2010-healthy-eating-for-life/

METRO OTTAWA

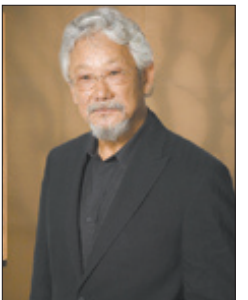
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OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/4/10	265	353	2	TVO	Super Structures	The Agenda With Steve Paikin	Party Animals	Masterworks "The Gates"				
	211	331	3	GTU	Entertainment	Survivor: Heroes vs. Villains	The Office (HDTV) (N)	90210 (HDTV)				News Hour
	-	-	5	SRG	Virginie (SC)	Enquête (HDTV) (SC)	3600 secondes d'extase (SC)	Le Téléjournal Nouvelles (SC)				TJ Ontario
	209	342	6	CHRO	TMZ (N)	Grey's Anatomy (HDTV)	Monk	(10:01) Private Practice (N)				Comedy Now
	196	311	7	CTV	CSI: Crime Scene Investigat'n	American Idol	Grey's Anatomy (N)	The Mentalist (HDTV) (N)				CTV News
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)	CBC News: The National				The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Community (N) Parks/Recreat	The Office (HDTV) (N)				News
	117	713	10	TVA	La Série Montréal-Québec (N)	Dieu merci! (HDTV) (N) (SC)	Grey's Anatomy (HDTV)	Juste pour rire (SC)				TVA nouvelles
	-	-	11	QO	Oncle Charlie	Rire et délire	Tornades sur New York (2008, Suspense)	Nicole de Boer				(10:45) Denis Lévesque
	137	763	12	TFO	Panorama		Qhapaq Nan: Volt	Dans les cordes (2007, Drame)				L'Attaque à 5 (N)
	-	362	13	CBS	The Insider (N)	Survivor: Heroes vs. Villains	Omni News: S. Asian Edition	Omni News: Cantonese Edition				Villages
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: Italian Edition (N)	Omni News: Modern Family				Artisans de
	214	344	15	CITY	Law & Order: Special Victims	Community (N) Parks/Recreat	Omni News: Italian Edition (N)	Omni News: Modern Family				Two/Half Men
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)	Vivere V				King
	218	345	18	CHCH	Arthur *** (1981, Comedy) Dudley	Moore, John Gielgud	Grey's Anatomy (HDTV)	Misery *** (1990, Horror) James				Law & Order: Criminal Intent
	-	361	20	ABC	Action News	Entertainment	Dr. House	Grey's Anatomy (HDTV)				Metrolia
	512	396	24	CPAC	A la une		L'Heure politique	100 Huntley Street				News at 11 (N)
	615	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman	Kitchen Nightmares (N)				Revue
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol	FOX 2 News (N)				Life Today
	-	64	PBS	Business Rpt.	Snowtrails TV		Manor Born	Murdoch Mysteries				This Is Day
	205	312	104	CTV	CSI: Crime Scene Investigat'n	American Idol	Connect with Mark Kelley (N)	Grey's Anatomy (N)				John Hagee
	502	396	26	NW	The Lang & O'Leary Exchange	Campbell Brown (N)	NHL Hockey Ottawa Senators at Carolina Hurricanes (HDTV) (Live)	CBC News: The National				News
	500	500	33	CNN	Situation Room-Wolf Blitzer	Campbell Brown (N)	NHL Hockey Toronto Maple Leafs at Boston Bruins (HDTV) (Live)	Larry King Live (N)				Charlie Rose
	406	417	27	net	NHL Hockey Ottawa Senators at Carolina Hurricanes (HDTV) (Live)	Campbell Brown (N)	NHL Hockey Toronto Maple Leafs at Boston Bruins (HDTV) (Live)	Overnight				CTV News
	128	730	28	RDI	24 Heures en 60 minutes		NHL Hockey Toronto Maple Leafs at Boston Bruins (HDTV) (Live)	Le Téléjournal (SC)				National
	400	280	30	TSN	NHL Hockey Toronto Maple Leafs at Boston Bruins (HDTV) (Live)		NHL Hockey Toronto Maple Leafs at Boston Bruins (HDTV) (Live)	SportsCentre (HDTV)				Anderson Cooper 360 (HDTV)
	410	403	52	SCR	Score Today	Poker Million Pound Challenge	World Poker Tour	Hardcore Champ. Fight				Sportsnet Connected
	411	457	56	OLN	Ghost Hunters	Destination Truth	Oper. Repo	Oper. Repo				Prime Time
	417	406	59	SC	NASCAR Hub	Fast Track to Fame (HDTV)	Bullrun (HDTV)	Oper. Repo				Le National
	554	544	48	TEL	Stoked (N)	Majority Rules	6TEEN	Futurama				Le Téléjournal
	557	540	51	FAM	Sonny Chance	Overruled! (N)	Han. Montana	Wizards-Place				NHL Hockey
	551	542	65	YTV	Carly	Malcolm-Mid.	Hates Chris	8 Simple Rules				NBA Basketball: Jazz at Suns
	570	580	29	MM	The Daily Fix	Ranked!		What I Like				Bullrun (HDTV) (N)
	615	520	31	A&E	The First 48 (HDTV)	The First 48 (HDTV)		Manhunters				Pass Time
	628	584	32	SPKE	UFC Unleashed	UFC Unleashed		Manhunters				Par's Labyrinth **** (2006, Fantasy)
	521	560	34	TLC	LA Ink "Training Day"	Police Women of Maricopa	Police Women of Maricopa	LA Ink (HDTV) (N)				Ned's School
	145	761	35	TV5	Plus belles bales	Envoyé spécial	Caprica	Humanima				Cory in House
	616	521	39	SHO	Relic Hunter	The Suspect (2005, Suspense) (HDTV) Jamie Loner	Cake (2005, Romance-Comedy) Heather Graham	Crash & Burn "Trust"				To Be Indie
	620	523	40	BVO	Storytellers	Innovators	Writers	MythBusters				Family Biz
	520	505	42	DIS	Daily Planet (N)	Dirty Jobs	Dirty Jobs	Re-Visited (HDTV)				Mariah Carey: Mimi
	575	583	43	CMT	Amer. Funniest Home Videos	Reba	Reba	Home Improve.				Gene Simmons
	601	562	45	SLC	Rich Bride Poor Bride	X-Weighted	Corner Gas	Re-Vamped (HDTV)				Manhunters
	625	546	46	COM	Air Force	22 Minutes	House-Payne	Re-Vamped (HDTV)				Manhunters
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	Re-Vamped (HDTV)				Manhunters
	600	564	49	H&G	House Hunters	Property Virgin	House-Payne	Re-Vamped (HDTV)				Manhunters
	627	528	50	SPC	Stargate Atlantis	Star Trek: Voyager	House-Payne	Re-Vamped (HDTV)				Manhunters
	581	566	53	MTV	Peak Season	Cribs	Parent Control	Re-Vamped (HDTV)				Manhunters
	618	524	54	TROP	Reality	Whatever	Family Guy	Re-Vamped (HDTV)				Manhunters
	522	506	55	HIS	Pawn Stars	Pawn Stars	Family Guy	Re-Vamped (HDTV)				Manhunters
	129	773	60	CD	Biographies (HDTV)	Docu-D (HDTV)	Family Guy	Re-Vamped (HDTV)				Manhunters
	261	594	61	V	Murder, She Wrote	On the Buses	Watchtower	Re-Vamped (HDTV)				Manhunters
	602	567	62	W	Supernanny	Love It or List It	Confidential	Re-Vamped (HDTV)				Manhunters
	269	500	70	APTN	Wapos Bay	By the Rapids	Flame	Re-Vamped (HDTV)				Manhunters
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	Re-Vamped (HDTV)				Manhunters
	603	561	95	FN	Ricardo	Chuck-Day Off	Restaurant Makeover	Re-Vamped (HDTV)				Manhunters

critics'corner**The Nature of Things**

It's a deep subject. The new four-part series "One Ocean" is an ambitious look at the past, present and future of the Earth's ocean waters, starting here with the birth of the ocean itself and the emergence of life from its depths. Later episodes explore the variety of present-day sea life and the role of the ocean in our future survival. As you might expect, the visuals are eye-popping. David Suzuki hosts. 8 PM on 8 CBC

**Love, Hate and Propaganda: WWII for a New Generation**

The Second World War was the first modern conflict in which all sides made full use of propaganda, bringing their messages to the masses via the relatively new channels of radio and film as well as such tried-and-true vehicles as posters and rallies. This new six-part series revisits those wartime words and images and the tales they told — some true, some partially true and some outright lies. 9 PM on 8 CBC



Beverly Hills plastic surgeon Frank Ryan recently performed 10 procedures on Heidi Montag. Now he tells UsMagazine.com he won't operate on The Hills star, 23, again. "There's really nothing to do," he said. **METRO NEWS SERVICES**

Celebrity Buzz

TOP 5 LAWYERS RECOMMENDED BY METRO READERS

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He works in showbiz

IT'S HARDLY A HOSTILE ENVIRONMENT FOR 'COMING OUT'
Harry Potter star Daniel Radcliffe takes rumours about his sexuality in stride, he tells MTV News.

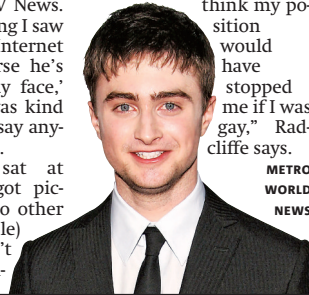
"My favourite thing I saw was a guy on the Internet that said, 'Of course he's gay. He's got a gay face,' which I thought was kind of an odd thing to say anyway," says Radcliffe.

"Like they've sat at home and have got pictures of me next to other famous gay (people) — Elton John, I don't know — just com-

paring across the years."

The 20-year-old star insists if he were gay, he'd say so, despite being famous. "I don't

think my position would have stopped me if I was gay," Radcliffe says.



**METRO
WORLD
NEWS**

Avatar is off limits

BUT CAN YOU IMAGINE WHAT HE'D DO WITH IT IF IT WASN'T?

If there was anyone who could fall into the "too racy for the Oscars" category when it came to writing a skit, Sacha Baron Cohen sits at the top of the list, popeater.com reports.

So it's no surprise that the man behind raunchy-yet-hysterical alter egos like Borat and Bruno had his skit vetoed from this weekend's Oscars telecast.

Why? Because it apparently contained some jokes directed at Avatar director James Cameron, and the show's producers didn't want to insult the man behind the biggest movie ever.

**METRO NEWS
SERVICES**



Follow these celebrities on Twitter...

CelebTweets

CONAN O'BRIEN isn't adapting well to Twitter, **KELLY OSBOURNE** has her priorities set, **DIABLO CODY** isn't proud of herself, and **TAYLOR SWIFT** has poor impulse control. @ConanOBrien This is only my 5th tweet and I'm already exhausted. My God, how does Ashton do it? @MissKellyO I would not waste money on plastic surgery people have already made up there minds as to what I look like and I would rather buy a new dress @diablocody Just transformed a full bag of "Tacos at Midnight" Doritos into a half-empty bag of "Shame at Noon" Doritos. @taylorswift13 At the nail salon. Toes under the nail-dryer thing. They put me in front of the bowl of tootsie rolls. Now they're having to refill it.

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DON'T LET OTHERS SPEAK FOR YOU



PROVINCIAL BY-ELECTION IN THE ELECTORAL DISTRICT OF OTTAWA WEST—NEPEAN, MARCH 4, 2010

TODAY IS ELECTION DAY - POLLS ARE OPEN FROM 9 AM TO 9 PM

TO VOTE YOU MUST:

- be at least 18 years of age on March 4 and
- be a Canadian citizen and
- reside in the Electoral District of Ottawa West—Nepean

To receive your ballot, you will be asked to state your name and place of residence and show proof of identity to the poll officials. For a list of acceptable ID, visit our website or call the Returning Office.

If you are on the Voters List, you should have received your Notice of Registration card. **Take this card and your ID with you when you go to vote.**

NOTICE OF REGISTRATION Election Day Thursday, March 4, 2010 Voting hours 9 AM to 9 PM You vote at: ELECTION DAY VOTING LOCATION *** STREET NAME, CITY *** 1388		AVIS D'ENREGISTREMENT Jour de l'élection Le jeudi 4 mars 2010 Heures du scrutin 9 h à 21 h Vous votez au : LENDREMENT DE VOTATION LE JOUR DE L'ÉLECTION *** RUE, VILLE *** 1388
Please take your ID and this card when you go to vote. Veuillez apporter vos pièces d'identité et cette carte quand vous irez voter.		JOHN A. SAMPLE Or the elector / Ou l'électeur 1234 ANYWHERE STREET N ANYWHERE ON EOE 101

If you didn't receive your card, your information may not be up-to-date or you may not be on the Voters List. You can still get on the List or update your information at your voting location on Election Day. To be added to the List, bring documents that show proof of residence and identity.

TIME TO VOTE

All employees who are qualified to vote are entitled to three consecutive hours to vote while the polls are open from 9 AM to 9 PM. If you have three consecutive hours of your own time available to vote, your employer is not required to allow you any additional time. If you do need time from work to vote, you must request the time from your employer who must allow it, but at a time convenient to the employer.

WHAT HELP IS AVAILABLE?

TTY: 1.888.292.2312

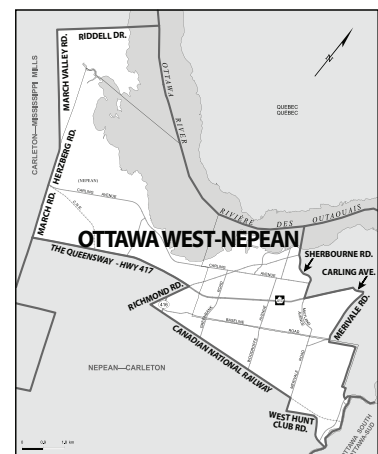
Sign language: For an interpreter, call the Canadian Hearing Society, Ontario Interpreting Services.

Other formats: Information is available through VoicePrint and on our website.

Accessibility: To determine if your Election Day voting location is accessible, check your Notice of Registration card or call the Returning Office.

WHERE DO I VOTE?

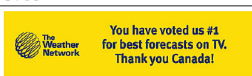
To find out where you vote, visit our website or check your Notice of Registration card.



To find out more www.elections.on.ca | 1.866.532.3157

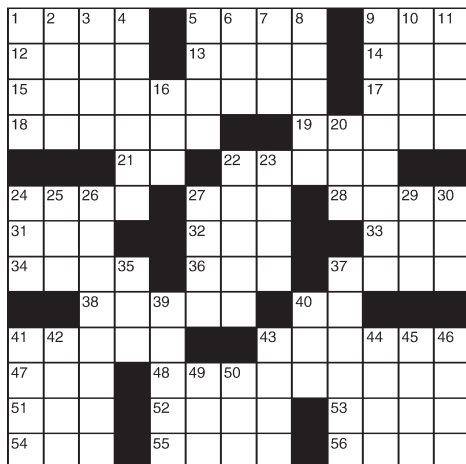


ELECTIONS ONTARIO IS A
NON-PARTISAN AGENCY OF
THE LEGISLATIVE ASSEMBLY



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 False god
- 5 Unruly groups
- 9 Antiquated
- 12 Pond organism
- 13 The same as above
- 14 Airport over-seer org.
- 15 Regulated by traffic lights
- 17 Evergreen type
- 18 Render helpless
- 19 Express gratitude
- 21 On the other hand
- 22 Blackjack component, sometimes
- 24 Liner, e.g.
- 27 Fellow
- 28 Tend texts
- 31 A billion years
- 32 Moreover
- 33 Eggs
- 34 Blue hue
- 36 Bachelor's last words

- 37 Recognized
- 38 Bellini opera
- 40 Hello
- 41 Sill
- 43 She had some bad hair days
- 47 UN workers' org.
- 48 Baseball tactic
- 51 Winter woe
- 52 Related
- 53 "— She Love-ly"
- 54 NYC hrs.
- 55 Part of N.B.
- 56 Relaxation

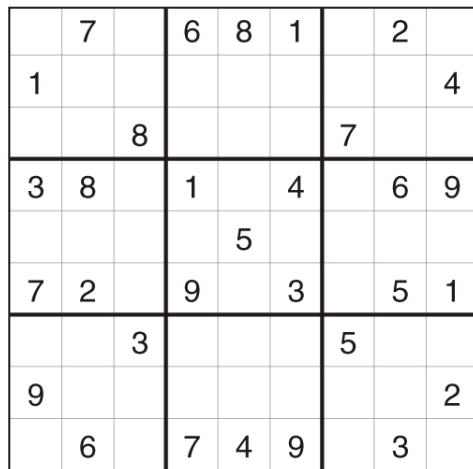
DOWN

- 1 Hit hard
- 2 Singing voice
- 3 Enthusiastic
- 4 Computer style
- 5 Go for the gold?
- 6 Strange
- 7 Plead
- 8 Struck
- 9 Occasionally
- 10 Reclined
- 11 Unlit
- 16 Melody
- 20 "— Haw"
- 22 Informal inter-view
- 23 Destroy
- 24 Collection
- 25 Weeding tool
- 26 Quick, as an errand
- 27 Cripple
- 29 "— had it!"
- 30 Playing marble
- 35 Journal
- 37 Tyke
- 39 12-step program
- 40 Coop occupant
- 41 Biography
- 42 Right angles
- 43 Lion's pride
- 44 — Minor
- 45 Catches some rays
- 46 Initial chip
- 49 Presidential nickname
- 50 Stannum

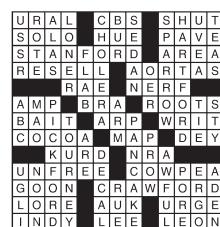
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	5	9	6	7	1	3	4	8
8	3	4	2	5	9	1	7	6
7	1	6	8	4	3	5	9	2
3	4	2	9	8	6	7	5	1
1	6	7	3	2	5	9	8	4
5	9	8	4	1	7	2	6	3
6	2	1	5	9	4	8	3	7
4	8	5	7	3	2	6	1	9
9	7	3	1	6	8	4	2	5



Metro Recipe of the Day



Moroccan chickpea stew

INGREDIENTS:

- 15 ml (1 tbsp) olive oil
- 1 large onion, chopped
- 2 ml (1/2 tsp) ground ginger
- 2 ml (1/2 tsp) each salt and freshly cracked black pepper
- 1 ml (1/4 tsp) each turmeric, cinnamon and chili powder
- 1 can (796 ml/28 oz) diced tomatoes (undrained)
- 500 ml (2 cups) vegetable or chicken broth
- 2 peeled sweet potatoes, cut into chunks
- 250 ml (1 cup) long-grain white rice
- 1 can (540 ml/19 oz) chickpeas, rinsed and drained
- 2 zucchini, sliced

METHOD:

1. In a Dutch oven or large saucepan, heat oil over medium-high heat. Add onion, ginger, salt, pepper, turmeric, cinnamon and chili powder. Cook until onion is tender and golden, about 10 minutes. Stir in tomatoes with their juices and broth, scraping any bits from the bottom of the pan. Add sweet potatoes and rice; bring to a boil. Reduce heat to maintain a simmer, cover and cook for 15 minutes.
2. Stir in chickpeas and zucchini and cook until rice is tender and most of the liquid has been absorbed, about 10 minutes.

SERVES 4

Horoscopes by Sally Brompton sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
If you are creative or artistic then you will soon get the chance to show what you can do. Your special talent is about to make itself known.

LIBRA

SEPT 23-OCT 23
Go with the flow today, even if it appears to be taking you in a direction that doesn't feel right.

TAURUS

APRIL 21-MAY 21
A friend or family member needs your help and you won't hesitate to give it. You have energy, you have enthusiasm and you have self-belief.

SCORPIO

OCT 24-NOV 22
It may not seem as if Lady Luck is smiling on you at the moment but a few weeks from now you will realize how many things began to change around this time.

GEMINI

MAY 22-JUNE 21
Be ambitious today. Others may have more talent and experience than you but those things matter less than energy and self-belief.

SAGITTARIUS

NOV 22-DEC 21
There are times when even a Sagittarius needs to unburden their feelings and this is one of them. But you must be careful who you choose to talk to.

CANCER

JUNE 22-JULY 22
If you keep your eyes and ears open today you may get a pointer as to which direction your optimal future can be found. Pay attention!

CAPRICORN

DEC 22-JAN 20
You have more control over the events of your life than you seem to be aware of and what happens today will confirm that fact in some way.

LEO

JULY 23-AUG 23
The fact that you feel a certain way means you are entitled to feel that way — you don't need permission. You are who you are for a reason.

AQUARIUS

JAN 21-FEB 18
Listen to your inner voice today. If it tells you that something is not quite right you must take note.

VIRGO

AUG 24-SEPT 22
You will feel so alive and on top of things today that you will get ten things done in the time it usually takes you to do just one.

PISCES

FEB 19-MARCH 20
Believe it or not you are on the right track and making considerable progress, so there is no need to change your tactics or lower your sights.

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This day in history

- 1519 — Hernan Cortes arrives in Mexico in search of the Aztec civilization and their wealth.
- 1789 — In New York City, the first United States Congress meets, putting the Constitution of the United States into effect.
- 1887 — Gottlieb Daimler unveils his first automobile which he test runs in Esslingen and Cannstatt, Germany.
- 1918 — The first case of Spanish flu occurs, the start of a devastating worldwide pandemic.
- 1966 — Canadian Pacific Air Lines DC-8-43 explodes on landing at Tokyo International Airport, killing 64 people.

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Maclean's

Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey

Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis

Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney

Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada

Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films

Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO

Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

The North Face

Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris

Free • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

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Bell

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